

An Important Note To The Reader

This book was written only to introduce the ancient sex wisdom of Taoism as a gesture of goodwill. Since certain exercises, special techniques, and teachings which are introduced may be new to certain societies, since human beings are complicated and delicate in constitution, and since every individual is different, please consult your physician before you try any of the contents of this book, for your own protection.

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PREFACE

Like the breath of life, sex is vital to the continuation of human beings. Some books explain instances of this fact. As a natural euphoriant, sex is vital to humanity's mental well-being. Other books help people find happiness through sex. Unknown to most people, sex is vital to mankind's spiritual elevation. Many Taoist classics, such as *Su Nu Ching* by the Yellow Emperor, explain the hidden, higher purpose of reproduction and joy-making, called the Tao of Sex Wisdom.

Su Nu Ching, or *Classic of the White Madam*, is the basic book of Taoist Sexology. It contains secrets which help humanity enjoy life, love life, and benefit from life. Specifically, it provides methods which heighten, intensify, and prolong lovemaking to strengthen the bond of love between a couple, so that the nucleus of the family may be strengthened. Methods which improve

progeny intelligence, beauty, wisdom, health, and morality are provided, in addition to methods which improve and unify the physical, mental, and spiritual aspects of the individual. In the past, many of these promises were fulfilled for those who used Taoist Sexology methods.

For thousands of years, political, philosophical, and religious cliques monopolized the key to decoding the book's classical calligraphic text. Severe restriction of readership prevented many from reading, understanding, or interpreting the book. Therefore, satisfactory translations of the book were difficult to find, and many widely shared sexology teachings were distorted, incomplete, and unreliable. All other Taoist classics, such as *Yu-Fang Mi Chue (Secrets in the Jade Chamber)*, *San Feng Tan Chue (The Healing Techniques of Master Chang San-Feng)*, *Ching Cheng Mi Chao (The Sacred Records of Mt. Ching-Cheng)*, *Kung Tung Mi Tien (The Sacred Manuscripts of Mt. Kung-Tung)*, *Shuan Wei Hsing Yin (The Sacred Seal in the Heart)*, and *Yi Hsing Fang (Medicine in the Heart)*, shared similar histories. It was a shame that these much-needed philosophical treasures were buried under such selfishness and incompetence.

For thirty years, I have been trying to tear away the secrecy and distortion surrounding the Tao of Sex Wisdom in my research and lectures, by fully and accurately disclosing the teachings, clarifying abstruse areas, and supplying scientific information to further comprehension.

At first glance, the subject of sex seems to be uncomplicated. In truth, it is of monumental importance to the health and happiness of the individual, society, and nation.

Long in coming out, this book deserves serious consideration, because sex is a subject of wide and deep implications. The considerations are as follows:

- 1) A book on the Tao of Sex Wisdom should be useful to a reader for the rest of his or her life. As experience accumulates, a greater understanding of the teachings results, and continued analysis is encouraged.
- 2) The teachings should be clear and logical and scientifically substantiated.
- 3) Sexual complexes and problems should be resolved as the sexual act becomes a means of spiritual and mental elevation, as the relationship between the physical, mental, and spiritual aspects of the body is made clear. Morality must be lifted to a new height.
- 4) Appropriate terms must be selected to further the reader's understanding of Taoist theories. For example, the words "peak" and

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“valley”, which I have used to describe the types of orgasms for thirty years, are replaced by the words “ordinary” and “superior” (reasons for this are found in the text).

5) A proper balance of practical experiences and theories should be provided to make learning and understanding exciting, because no theory in this book should ever be empty.

Sex, a function that is generally unavoidable, must be made into a source of happiness, not pain. Happiness is healing, joy, and longevity; correct sex yields infinite happiness. Pain is incurable disease, depression, and death; incorrect sex yields infinite pain. Correct sex spreads happiness among individuals, their progeny, and society. Incorrect sex—that is, sex used as a weapon against others, as a license for promiscuity, or as an immoral profit generator—causes social decay. The ultimate purpose of this book is to point out a pathway of righteousness.

The information contained in this book is sacred, and great misfortune will follow those who abuse this information or purposely alter the true teachings.

The tracks of knowledge and wisdom that end at physical, mental, and spiritual elevation lead the individual through extraordinary territories of experience. Upon embarking on this journey, the reader will immediately see the horizons of his or her health, happiness, and success stretch into infinity.

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